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#### [Forgiving Yourself and Others](#)

##### **Forgiveness is not an emotion: it is a choice.**

The choice doesn't change your feelings any more than your feelings nullify the choice. Making the choice is not the destination. It is only the beginning of the journey toward healing.

##### **Forgiveness does not undo the damage.**

It does not sweep the conduct of the consequences under the rug where they will trip you up later. If you want to truly forgive, you must truly deal with your feelings. Acknowledge the anger, the hurt, the guilt, the shame. But because your feelings will change daily, you must choose to anchor yourself in God's Word that never changes.

##### **Forgiveness is a product of God's mercy.**

You may not feel you deserve to be forgiven; however, forgiveness is a free gift from God based on the shed blood of Jesus Christ at Calvary. Just as you did nothing to earn the forgiveness that leads to salvation, you can do nothing to earn forgiveness for your sin now. You must choose to accept God's forgiveness and you must choose to forgive yourself. God's Word exhorts you to do so ([Ephesians 4:31-32](#)).

##### **Forgiveness is a command.**

God never commands us to do something without providing the resources for us to obey Him. It is impossible to obey the command to forgive without relying on God's forgiveness to enable you. Jesus said, "With man this is impossible, but with God all things are possible" ([Matthew 19:26](#)). In time He will enable you, through the power of His Holy Spirit, to completely forgive yourself and anyone else who may have played a part in your abortion ([Philippians 2:13](#)). If you will allow Him, God will work in you to free you from the bondage of guilt, grief and shame.

(Courtesy of Dr. Gene Getz, from "The Encourager", May-June, 1996)

Do you know for sure that you are forgiven? You can!!

<http://www.geocities.com/Athens/Rhodes/7895/doyouknow.html>

For more information or help, please contact [Gateway Pregnancy Center](#). Our email is: [HELP@gateway.org](mailto:HELP@gateway.org)

Sharing Christ with Women in Crisis Pregnancy  
in Elizabeth, NJ since 1985  
in Irvington, NJ since 1991

We are a non-profit crisis pregnancy ministry

**All of our services are free!**

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Centers



**Helpful**



**LINKS**



**Gateway.org** is dedicated to serving the needs of women with a **crisis pregnancy**. For nearly two decades Gateway Pregnancy Centers have been providing counseling for women and men in New Jersey who are in need of more than just physical help. A crisis pregnancy can be a difficult situation, but understanding your spiritual condition is the first step to dealing with the rest of your life. Gateway Crisis Pregnancy Centers offers free pregnancy tests, pregnancy counseling and spiritual guidance. Gateway Crisis Pregnancy Center is a Christian non-profit organization in service of Jesus Christ.

Gateway.org is also related to these key terms: **crisis pregnancy, pregnancy help, abortion help**, need abortion, nj pregnancy, irvington pregnancy, pregnancy test, free crisis help, abortion, counseling abortion, Irvington abortion, irvington pregnant, New Jersey Pregnancy counseling

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